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The Board of County Commissioners
And The Office of Public Health Management



MONKEYPOX: WHAT TO DO IF YOU ARE EXPOSED

CONTACT YOUR LOCAL HEALTH DEPARTMENT

Your local health department will monitor the health of anyone who might have had close contact with someone who has monkeypox. Contact tracing can help identify people with exposure and help prevent additional cases.

ISOLATE AT HOME OR AT ANOTHER LOCATION FOR THE DURATION OF ILLNESS

People with monkeypox should remain in isolation for the duration of illness, which typically lasts two to four weeks.

WHILE SYMPTOMATIC WITH A FEVER OR ANY RESPIRATORY SYMPTOMS:

- Avoid close or physical contact with other people and animals.
- Cover all parts of the rash with clothing, gloves, and/or bandages.
- Wear a well-fitting mask

CLEAN AND DISINFECT SPACES OCCUPIED REGULARLY

- This includes commonly touched surfaces and items.
- Avoid sharing utensils or cups. Items should be cleaned and disinfected before use by others.
- Launder or disinfect items that have been worn or handled and surfaces that have been touched by a lesion.

WASH HANDS FREQUENTLY

Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.

FOR MORE INFORMATION:

[About Monkeypox](#)

[Signs and Symptoms](#)

[Isolation and Prevention Practices](#)

[Isolation and Infection Control At Home](#)

[Cleaning and Disinfection](#)

[Preventing Monkeypox Spread in Large Settings](#)

[Pets and Monkeypox](#)